

Abstract of the Disclosure

Breathable, lightweight football shoulder pads include left and right torso pads which present a foam body. The foam body includes a hard inner layer, and first and second layers of breathable, lightweight foam secured to opposing surfaces of the hard, inner layer. The layers present a sandwich configuration. A breathable, lightweight fabric layer, such as mesh, extends around the periphery of the foam body. The hard inner layer includes spaced apart openings which allow air or moisture to flow through the foam body.

The football shoulder pads can include adjustable and selectively removable cap pads attachable to the shoulder portion of the football pads. The cap pads include a member for securing the cap pad to the wearer's arm. The football shoulder pads can further include adjustable and selectively removable deltoid pads and attachments for securing football pad accessories, such as a neck roll or rib protector, to the shoulder pads.